



Red Cliff Community Health Center Newsletter

APRIL 2010

APRIL is National Child Abuse Prevention Month

PREVENT CHILD ABUSE

Twelve Alternatives to Lashing Out at Your Child

The next time everyday pressures build up to the point where you feel like lashing out - STOP! Try any of these simple alternatives. You'll feel better...and so will your child.

- Take a deep breath...and another. Then remember you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10...or better yet, to 20.
- Put your child in a time-out chair **(remember this rule: one time-out minute for each year of age.)**
- Put yourself in a time-out chair. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?
- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow.
- Turn on some music. Maybe even sing along.
- Pick up a pencil and write down as many helpful words as you can think of. Save the list.
- Call for prevention information: 1-800-CHILDREN

Source:
Prevent Child Abuse America

CHR Transportation

Tuesdays
&

Thursdays

For eligibility and
questions contact:

Janet Hillert

715-779-3707 ext 232

Clinic Hours

715-779-3707

Monday - Friday

8am to 4:30pm

Pharmacy Hours

715-779-3157

Monday - Friday

9am to 12pm

1pm to 4pm

Optical Hours

715-779-3707

Mondays & Wednesdays

1pm to 4pm

Dental Hours

715-779-3707

Monday - Friday

(call for appointment)



PREVENT CANCER

10 Ways to Reduce Your Risk

Two-thirds of cancer deaths are attributed to smoking, lack of exercise and poor diet choices. Make an effort to reduce your risk now. With help from our Medical Advisory Board and other experts, we compiled a list of 10 ways to help you start.

1. **Quit smoking** - One out of every two deaths before age 65 in our society is due to smoking, said James Mulshine, M.D., professor of internal medicine and associate provost for research at Rush University Medical Center. You can add up to 10 years to your life by quitting. This year, strive to break the addiction, and create smoke-free environments in your home and community.
2. **Get Screened** - Be sure to continue annual screening tests like the Pap test and mammogram if you are a woman, and a DRE (digital rectal exam) and PSA (Prostate-Specific Antigen) if you are a man. Both the Pap test and PSA can detect cellular changes before they become cancerous, and the mammogram can detect breast cancer in its earliest stages. And 50 is the magic age for screening for colon cancer. Remember, some cancers are over 90 percent curable when found early, so don't forget to schedule your yearly screening!
3. **Lose excess weight** - Being overweight is one of the main risk factors for uterine, colon, breast, esophageal and kidney cancers. Both ovarian and pancreatic

cancers have also been linked to excess weight. "When you're overweight by any amount, you're absolutely increasing your cancer risk," said Curtis Miyamoto, M.D., professor and chair of radiation oncology at Temple University Hospital. If you are overweight or obese, losing weight will likely reduce your cancer risk.

4. **Be active** - When cancer prevention is concerned, physical activity is important to maintaining a normal, healthy body weight. Shape up this year—make the effort to become physically active for at least 30 minutes a day, 5 days a week.



5. **Eat more green** - According to a study presented at the American Association for Cancer Research annual international conference, *Frontiers in Cancer Prevention Research*, eating four or more salads a week may further reduce a former smoker's risk for lung cancer. Vegetables are rich in antioxidants, which help repair cells damaged by smoking. But we all know how important eating more green is to overall good health — just do it!
6. **Limit alcohol consumption** - Drinking alcohol in excess has been known to contribute to liver and colon cancer, among others. Generally accepted limits

are one drink per day for women and two drinks per day for men.

7. **Add some color to your diet** - A recent study found that anthocyanins—the compounds that give fruits and veggies intense red, purple, or blue hues—may slow or prevent the growth of colon cancer. "Anthocyanins are not absorbed efficiently into the bloodstream, so they remain in the gastrointestinal tract, where they interact with the tissues." Try working more colorful fruits and vegetables into your diet this year.
8. **Cut back on red meats** - Any meat is a great source of protein, but white meats like fish and seafood are the healthiest choice. Red meats like beef, pork and lamb have a high fat content, which promotes inflammation—a contributing factor in the development of many chronic diseases, including cancer.
9. **Wear sunscreen** - Skin cancer is the most common and most preventable of cancers, "The most important thing you can do is limit sun exposure and protect your head and neck. Where most skin cancers appear, with a sunscreen that blocks UVA and UVB radiation."
10. **Breastfeed** - Attention all mothers-to-be! The longer you breastfeed your baby the greater your breast cancer risk is reduced.

Oral Cancer Quick Check

The American Cancer Society recently reviewed its detailed guide to oral and oropharyngeal cancer (cancer of the mouth and throat). While tobacco use, in smoke or smokeless form, and alcohol use top the list of culprits, HPV infection (human papilloma viruses) is now on

the radar as a budding concern, particularly among younger people. HPV is the group of viruses mainly associated with cervical cancer in women. The facts: The current estimate is that HPV may be a factor in about one-fourth of oral and oropharyngeal cancers. Developing oral cancer easily

goes unnoticed until it spreads, so a dental checkup may be one of the best ways to catch it early.



FOOT CARE

Inspect your feet everyday, and seek care early if you do get a foot injury. Make sure your health care provider checks your feet at least once a year - more often if you have foot problems. Your health care provider should also give you a list and explain the do's and don'ts of foot care.

Most people can prevent any serious foot problems by following some simple steps. So let's begin taking care of your feet today.

PREVENTION

Your health care provider should perform a complete foot exam at least annually - more often if you have foot problems.

Remember to take off your socks and shoes while you wait for your physical examination.

Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts).



If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely.

Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team.

CARING FOR YOUR FEET

There are many things you can do to keep your feet healthy.

- ▶ **Take care of your diabetes.** Work with your health care team to keep your blood glucose in your target range.
- ▶ **Check your feet every day.** Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- ▶ **Be more active.** Plan your physical activity program with your health team.
- ▶ **Ask your doctor about Medicare coverage** for special shoes.
- ▶ **Wash your feet every day.** Dry them carefully, especially between the toes.
- ▶ **Keep your skin soft and smooth.** Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes.
- ▶ **If you can see and reach your toenails, trim them** when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- ▶ **Wear shoes and socks at all times.** Never walk barefoot. Wear comfortable shoes that fit well and protect your feet. Check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- ▶ **Protect your feet from hot and cold.** Wear shoes at the beach or on hot pavement. Don't put your feet into hot water. Test water before putting your feet in it just as you would before bathing a baby. Never use hot water bottles, heating pads, or electric blankets. You can burn your feet without realizing it.
- ▶ **Keep the blood flowing to your feet.** Put your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two (2) or three (3) times a day. Don't cross your legs for long periods of time. Don't smoke.
- ▶ **Get started now.** Begin taking good care of your feet today. Set a time every day to check your feet.

Reduce Your Risk of Falling

Falls threaten the health, well-being and independence of older people. Here's how to reduce your risk of falling.

General Tips

- When you first wake up, sit on the edge of the bed and make sure you are not dizzy before you get out of bed.
- Eat breakfast every morning. Skipping a meal could make you dizzy.
- Be careful around pets, they can get in front of your feet or jump on you.
- Use a cane or walker if you are unsteady. Promptly replace worn rubber tips of these devices.

Bathroom Safety

- Never grab a towel rack, shampoo holder, or soap tray for support in the shower. These will not hold a person's weight.
- Let the soap suds go down the drain before you move around in the shower. Do not turn suddenly.
- If you are prone to falling, use a shower chair and handheld shower attachment.
- Clean up puddles of water immediately.
- Do not lock the bathroom door. That will delay help in reaching you.

Stair Safety

- Never carry any package that will obstruct your view of the next step.
- Keep at least one hand on the handrail.
- Concentrate on what you are doing; don't be distracted by sounds.

Bedroom Safety

- Arrange clothes in your closet so they are easy to reach.
- Replace satiny sheets and comforters with products made of nonslippery material; i.e., cotton, wool.

Your Vision

- Wear glasses if you need them, but remove reading glasses before you walk.

The Phone

- If you are not close to the telephone when it rings, don't rush to it. Fast, sudden moves could throw you off balance.
- Make sure you have access to a telephone that you can reach to call for help if you fall. Consider carrying a portable phone.

Eliminate Hazards

- Wear clothes that fit you properly. You can trip on a coat, pair of pants or bathrobe that is too long.
- Don't leave clothes or newspapers on the floor.
- Close cabinet drawers so you won't stumble over them.

Last reviewed and updated: October 2007

Source: Your Orthopaedic Connection



Medication Safety Tips

- Keep a record of all your current medicines, including their names and regimens (dose, time, and other instructions for taking). Write down any problems you have with the medicine so you can discuss them with your doctor or pharmacist.
- Read labels carefully before taking doses.
- Ask the doctor's or pharmacist's advice before crushing or splitting tablets; some should only be swallowed whole.
- Contact the doctor or pharmacist if new or unexpected symptoms or other problems appear.
- Never stop taking medicine the doctor has told you to finish just because symptoms disappear.
- Ask the doctor periodically to reevaluate long-term treatments.
- If you have questions, talk to your pharmacist or doctor before using an OTC medicine the first time, especially if you use other medicine.
- Carefully read OTC medicine labels for ingredients, proper uses, directions, warnings, precau-



- tions, and expiration dates.
- Discard outdated medicine.
- Store medicine in the original container, where the label identifies it and gives directions. If, however, you choose to use an OTC convenience container, ask the pharmacist whether the container will affect the stability of your medicine.
- Never store medicine in the bathroom. Unless instructed otherwise, keep it away from heat, light

and moisture.

- Never store medicine near a dangerous substance, which could be taken by mistake.
- Never take someone else's medicine.
- Tell your health professional if you:

- *are breast-feeding or are, or may be, pregnant.
- *are allergic to drugs or foods
- *have diabetes or kidney or liver disease
- *take other prescription or OTC medicines regularly
- *follow a special diet or take dietary supplements
- *use alcohol or tobacco



National Infant Immunization Campaign
Love Them, Protect Them, Immunize Them.
 1-800-CDC-INFO (1-800-232-4636)

2010

Recommended Immunizations for Babies

at birth	HepB	
2 months	HepB + DTaP + PCV + Hib + Polio + RV 1-2 mos	
4 months	DTaP + PCV + Hib + Polio + RV	
6 months	HepB + DTaP + PCV + Hib + Polio + RV 6-18 mos*	(Influenza) 6 mos through 18 years* seasonal** 2009 H1N1***
12 months	MMR + PCV + Hib + Varicella + HepA 12-15 mos* 12-15 mos* 12-15 mos* 12-15 mos* 12-23 mos*	(Influenza) 6 mos through 18 years* seasonal** 2009 H1N1***
15 months	DTaP 15-18 mos*	(Influenza) 6 mos through 18 years* seasonal** 2009 H1N1***

Vaccine Descriptions:

HepB: protects against hepatitis B

DTaP: a combined vaccine that protects against diphtheria, tetanus, and pertussis (whooping cough)

Hib: protects against *Haemophilus influenzae* Type b

PCV: protects against pneumococcal disease

Polio: protects against polio, the vaccine is also known as IPV

RV: protects against infections caused by the Rotavirus

Influenza: protects against influenza (flu)

MMR: protects against measles, mumps, and rubella (German measles)

Varicella: protects against varicella, also known as chickenpox

HepA: protects against hepatitis A

NOTE: If your children miss a shot, you don't need to start over, just go back to your doctor for the next shot. The doctor will help you keep your children up-to-date on his or her vaccinations.

- * This is the age range in which this vaccine should be given.
- ** Influenza is a seasonal vaccine. All children ages 6 months through 18 years should receive vaccination during the influenza season each year. If this is the first time for flu vaccine, a child should receive two doses, separated by at least 4 weeks. If a child only receives one dose in the first season, he or she should receive two doses the next season.
- *** In addition to seasonal influenza vaccine, children also are recommended to receive the 2009 H1N1 influenza vaccine. Children younger than ten years should receive two doses of this vaccine separated by approximately 1 month.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit www.cdc.gov/vaccines

The Recommended Immunization Schedules for Persons Aged 0 Through 18 Years are approved by the Advisory Committee on Immunization Practices (www.cdc.gov/vaccines/recs/acip/), the American Academy of Pediatrics (<http://www.aap.org/>), and the American Academy of Family Physicians (<http://www.aafp.org/>).

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES • CENTERS FOR DISEASE CONTROL AND PREVENTION

COP1006

WIC DAYS

Issuance day -	Thursday, April 1st
Recertification day -	Tuesday, April 6th
Recertification day -	Friday, April 9th
Late Pick up -	Thursday, April 15th



IMMUNIZATION DAYS

Please call
Salena Reyes Buffalo at the
Red Cliff Community
Health Center
to schedule an appointment
if you or your child are not
up-to-date with your
immunizations!



88455 Pike Road
Bayfield, WI 54814
715-779-3707

APRIL 20- 1 TO 4PM

MAY 10- 1 TO 4PM

JUNE 21- 1 TO 4PM

Understanding Sexual Violence

Fact Sheet

2009

Sexual Violence (SV) refers to sexual activity where consent is not obtained or freely given. Anyone can experience SV, but most victims are female. The person responsible for the violence is typically male and is usually someone known to the victim. The person can be, but is not limited to, a friend, coworker, neighbor, or family member.

There are many types of SV. Not all include physical contact between the victim and the perpetrator (person who harms someone else). Examples include sexual harassment, threats, peeping, and taking nude photos. Other SV, including unwanted touching and rape, does include physical contact.



Why is sexual violence a public health problem?

SV is a significant problem in the United States:

- Among high school students surveyed nationwide, about 8% reported having been forced to have sex. The percentage of those having been forced to ever have sex was higher among female (11%) than male (5%) students.¹
- An estimated 20% to 25% of college women in the United States experience attempted or complete rape during their college career.²
- In the United States, 1 in 6 women and 1 in 33 men reported experiencing an attempted or completed rape at some time in their lives.³

These numbers underestimate the problem. Many cases are not reported because victims are afraid to tell the police, friends, or family about the abuse.³ Victims also think that their stories of abuse will not be believed and that police cannot help them.³ They may be ashamed or embarrassed. Victims may also keep quiet because they have been threatened with further harm if they tell anyone.



How does sexual violence affect health?

SV can impact health in many ways. Some ways are serious and can lead to long-term health problems. These include chronic pain, headaches, stomach problems, and sexually transmitted diseases.

SV can have an emotional impact as well. Victims often are fearful and anxious. They may replay the attack over and over in their minds. They may have problems with trust and be wary of becoming involved with others. The anger and stress that victims feel may lead to eating disorders and depression. Some even think about or attempt suicide.

SV is also linked to negative health behaviors. For example, victims are more likely to smoke, abuse alcohol, use drugs, and engage in risky sexual activity.



Who is at risk for sexual violence?

Certain factors can increase the risk for SV. However, the presence of these factors does not mean that SV will occur.

Risk factors for perpetration (harm to someone else):

- Being male
- Having friends that are sexually aggressive
- Witnessing or experiencing violence as a child
- Alcohol or drug use
- Being exposed to social norms, or shared beliefs, that support sexual violence

Note: This is a partial list of risk factors. For more information, see www.cdc.gov/violenceprevention.



www.cdc.gov/violenceprevention





Be Aware: Learn about the types of abuse (physical, emotional, sexual & neglect) and the signs that warn of abuse. Pay attention to all the children you have contact with. Trust your intuition.

Be Present: Take time to earn trust with children. Show them your respect and care. Be available to them. Make your home safe and welcoming.

Be Mindful: When leaving a child with a caretaker, see that the child is in safe hands. If you notice changes in the child that worry you, find the cause.

Be Courageous: If you suspect a child is being abused, you must be the strength and power for that child. Find out what must be done to protect the child and do it.

Be Resourceful: There is help for children facing abuse. Find the sources of support in your community, whether tribal leaders, non-profit organizations or legal systems. Use these resources to help abused kids find healing and hope!

Children are a sacred gift from the Creator.

“Let us put our minds together and see what kind of life we can build for our children.”
—Sitting Bull

Protecting Our Children

**“The honor of one is the honor of all.
The hurt of one is the hurt of all.”—
Phil Lane, Jr., Yankton
Sioux/Chicksaw**



Honoring Our Children Project

Alcoholism signs - here are ten warning signs of alcoholism you should know...

Alcoholism signs - do you know ten warning signs of alcoholism? Understanding alcoholism signs can help you determine whether there is alcohol abuse or dependency.

Consuming one or two drinks per day for healthy men and one drink a day for healthy non-pregnant women is generally considered acceptable consumption without health risks. However, as the amount of drinking per occasion or per week increases, one or more of the ten warning signs of alcoholism can develop as a result.

In the USA alone, as many as 12-14 million adults are chronic heavy drinkers who abuse alcohol or are alcoholics.

What is considered "heavy drinking"? According to the National Institute on Alcohol Abuse and Alcoholism, drinking more than the amounts shown below would be considered heavy drinking:

*For healthy men under age 65, consuming no more than four drinks a day nor more than fourteen drinks a week.

*For healthy women under age 65 or healthy men over age 65, consuming no more than three drinks a day nor more than twelve drinks a week.

What are ten warning signs of alcoholism? Here

are alcoholism signs that are listed in no special order:

- Drinking alone
- Making excuses, finding excuses to drink
- Daily or frequent drinking needed to function
- Inability to reduce or stop alcohol intake
- Violent episodes associated with drinking
- Drinking secretly
- Becoming angry when confronted about drinking
- Poor eating habits
- Failure to care for physical appearance
- Trembling in the morning

Additional alcoholism signs can include inability to remember some of the events of the previous evening or feeling anxious in a social situation where there is no alcohol. As you may know, it can be called "problem drinking" when it becomes "drinking that causes problems".



Does heavy chronic drinking have health consequences? Absolutely. Chronic heavy drinking can result in serious damage to the liver, heart, brain and other vital organs. Such severe physical damage may be irreversible and result in serious illnesses or even early death. Knowing alcoholism signs is important to help oneself or others with a drinking problem.

If the above ten warning signs of alcoholism create an interest in exploring possible alcohol addiction, consider contacting your physician, counselor or other qualified professional.

Another time-tested source of help would be contacting Alcoholics Anonymous. AA has local groups that meet regularly throughout the USA.

No matter how many alcoholism signs may exist, it is never too late to begin recovery from alcohol addiction. Whether it is one, two or more of the ten warning signs of alcoholism - help is available. Obviously, the sooner one begins the recovery process, the better.

Autism Society of America: About Autism

Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today.

In February 2007, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report, which looked at a sample of 8 year olds in 2000 and 2002, concluded that the prevalence of autism had risen to 1 in every 150 American children, and almost 1 in 94 boys. The issuance of this report caused a media uproar, but the news was not a surprise to the Autism Society or to the 1.5 million Americans living with the effects of autism spectrum disorder. Nonetheless, the spotlight shown on autism as a result of the prevalence increase opens opportunities for the nation to consider how to serve these families

facing a lifetime of supports for their children.

Currently, the Autism Society estimates that the lifetime cost of caring for a child with autism ranges from \$3.5 million to \$5 million, and that the United States is facing almost \$90 billion annually in costs for autism (this figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, in addition to related therapeutic services and caregiver costs).

Know the Signs: Early Identification Can Change Lives

Autism is treatable. Children do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes.

Here are some signs to look for in the children in your life:

- Lack of or delay in spoken language

- Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
- Little or no eye contact
- Lack of interest in peer relationships
- Lack of spontaneous or make-believe play
- Persistent fixation on parts of objects





FY 2010 AmeriCorps*VISTA Summer Associate Program

**Red Cliff Mino Bi Ma De Se Win Garden Project
with the support of the Red Cliff Community Health Center**

The AmeriCorps*VISTA Summer Associate program offers a short-term opportunity to supplement a community's anti-poverty activities with an infusion of "hands-on volunteers."

- The FY 2010 Summer Associates program offers individuals the opportunity to participate for eight (8) weeks between June 16 and August 10, in an intensive level of summer service.
 - Summer Associate for 56 days will make \$1,640;
 - Attend a PSO training on June 16 in Rhinelander WI;
 - Eligibility for a Segal AmeriCorps Education Awards in the amount of \$1,000 from the National Service Trust if the Associate serves the full 8 weeks;
 - A Summer Associate may decline the \$1,000 education award in order to later earn two full-time awards and will receive a \$200.00 cash stipend instead;
 - Income Disregard provisions will apply to any Associate receiving government benefits.
-



FY 2010 AmeriCorps*VISTA Summer Associate Program

**Red Cliff Mino Bi Ma De Se Win Garden Project
with the support of the Red Cliff Community Health Center**

Qualifications

- At least 18 years old;
- Ability to work with diverse groups of people;
- Possess good problem solving skills;
- Must have punctual and reliable attendance;
- Native American preference will be given;
- Preferred knowledge of gardening.

Application Procedure and Deadline

Apply online at <http://www.americorps.gov>

We are located at the trailer next to the Mishomis House. Stop by if you need help with applying or have any questions. Current AmeriCorp* Vistas are: Sarah, Carl, Melanie
Telephone: (715)779-3782

Deadline to Apply is May 7, 2010



Breastfeeding babies grow healthier!

Breastfeeding Support Group!

Join others as we learn and grow while talking about issues of being a family!

Where: Red Cliff Health Center

When: Monday, April 12th & 26th, 10 AM - Noon

Refreshments provided!

Sponsored by the Honoring Our Children Project

Red Cliff Elderly Program Happenings—APRIL 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>*Lunch and Learning sessions will occur during congregate meal time. It's a short resource and education session conducted by various programs.</p> <p>*A Helping of Health is in collaboration with RC Clinic on monthly health topics, blood pressure checks, etc. Clinic staff will be available from 11:30am-1:00pm.</p> <p>*Strong for Life sponsored by the Injury Prevention committee and RC Clinic.</p>	<p>1 Rx pick-ups @ RC Clinic</p> <p>Community Event: Easter Dinner at Elderly Nutrition Center</p>	<p>2 Elder Shopping --Ashland</p>	3
4	5	6	<p>7 *Strong for Life--elder fitness 10a.m Back Dayroom</p> <p>Transportation Fundraising: <i>Bingo Concessions</i></p>	<p>8 Rx pick-ups @ RC Clinic</p> <p>*LUNCH & LEARNING at Elderly Nutrition Center</p>	<p>9 Elder Shopping --Ashland</p>	<p>10 Elder BINGO Trip</p> <p>Lac du Flambeau Depart @ 10:30 a.m.</p>
11	12	13	<p>14 *Strong for Life--elder fitness 10a.m Back Dayroom</p> <p>Transportation Fundraising: <i>Bingo Concessions</i></p>	<p>15 Rx pick-ups @ RC Clinic</p>	<p>16 Elder Shopping --Ashland</p>	17
18	19	20	<p>21 *Strong for Life--elder fitness 10a.m Back Dayroom</p> <p>Transportation Fundraising: <i>Bingo Concessions</i></p>	<p>22 Rx pick-ups @ RC Clinic</p> <p>Northern Lights Nursing Home Visit, depart @ 12:30</p>	<p>23 Elder Shopping --Ashland</p>	24
25	26	27	<p>28 *Strong for Life--elder fitness 10a.m Back Dayroom</p> <p>Transportation Fundraising: <i>Bingo Concessions</i></p> <p>*A Helping of Health at Elderly Nutrition Center</p>	<p>29 Rx pick-ups @ RC Clinic</p>	<p>30</p>	

Watch for FLYERS as dates vary with other activities, so we are unable to put them on the calendar.

For info, please call **BRUCE TOPPING @ 209-6892**



Red Cliff Elderly Nutrition Program

APRIL 2010 MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	HAPPY EASTER To All Our Elders And Their Families!	MENU's Are Subject To Change Without Notice!	Portions Provide 33 1/3% of Daily Recommended Elder Allowance	<u>EASTER DINNER</u> Ham, Mashed Potatoes, Stuffing, Corn, Dinner Roll, Easter Treat Bag
5	NO MEAL T R I B A L H O L I D A Y	6 BEAN BURRITO'S Spanish Rice Apricot Halves Asparagus Churro	7 PORK CHOPS Mac & Cheese Spiced Apple Rings Green Beans Pudding	8 SALISBURY STEAKS Baby Reds Garden Salad Peaches Cookie
12	BREAKFAST SANDWICH (Sausage Patty, Egg, Cheese, English Muffin) Hash Brown Pineapple	13 SLOPPY JOES Three Bean Salad Pears Cake	14 BAG LUNCH Sent Out With Tuesday's Meal STAFF TRAINING	15 CHICKEN & BISCUIT (Chicken, Peas, Carrots Over a Fresh Baked Biscuit) Apple Slices Jell-O
19	HARD BOILED EGGS Bacon Corn Bread Orange Juice	20 HOT TURKEY SANDWICH Mashed Potatoes Cranberries Cookie	21 LASAGNA CASSEROLE Garlic Bread Broccoli & Ranch Dip Pudding	22 HAMBURGERS Sweet Potato Fries Corn Cake
26	BELGIUM WAFFLES Strawberries Sausage Links Chocolate Pudding	27 TACO SALAD (Seasoned Ground Beef, Cheese, Lettuce, Tomatoes, Chips) Jell-O	28 HOT DOG Potato Salad Cherry Tomatoes Ice Cream	CANCELLATIONS Can Be Heard On: WATW am 1400 WJH fm 96.7 WBSZ fm 93.3 WNXR fm 107.3

Akina Inniniwag Mamawimin



“All Men Gather”

**Come out and make a difference in
our families and community.**

What: An intergenerational men’s
talking circle

When: Thursdays, April 8th & 22nd,
6-8 PM

Where: Red Cliff Youth Center

Hosted by the Honoring Our Children Project
Red Cliff Health Center, phone 779-3707

APRIL 2010

Red Cliff Community Health Center
88455 Pike Road, Hwy 13
PO Box 529
Bayfield, WI 54814

Phone: 715-779-3707
Fax: 715-779-3777

www.redcliff-nsn.gov

Did you know...

If you are a Food Distribution Client, you can receive fresh fruits and vegetables every week.

Siblings Day
April 10th



Fun Facts

- ☺ You burn more calories sleeping than you do watching television.
- ☺ An average human loses about 200 head hairs per day.
- ☺ Astronauts are not allowed to eat beans before they go into space because passing wind in a space suit damages them.
- ☺ Each year there are more than 40,000 toilet related injuries in the US.
- ☺ The average person spends three years of his or her life on a toilet.
- ☺ A cockroach will live nine days without it's head, before it starves to death.
- ☺ 68 percent of a Hostess Twinkie is air.
- ☺ By raising your legs slowly and laying on your back, you can't sink in quicksand.
- ☺ In Tokyo, they sell toupees for dogs.
- ☺ Billy goats urinate on their own heads to smell more attractive to females.
- ☺ Every year, you eat approximately 4 bugs in your sleep.
- ☺ The names of Popeye's four nephews are Pipeye, Peepeye, Pupeye, and Poopeye.
- ☺ Marilyn Monroe had six toes on one foot.
- ☺ Your nose & ears never stop growing.
- ☺ Licking a wound actually does promote healing. Saliva helps disinfect wounds & kills bacteria.

